

## ABSTRACT

An activating headrest comprises a headrest including a detecting link integrally connected to the headrest. The detecting link is pivotally mounted to a seat frame so as to be shifted when pressed by an occupant's back. A return spring is installed between  
5 the detecting link and the seat frame. A stopper means installed between the seat frame and the detecting link fixes the state of the headrest tilted in the forward and upward position to prevent the neck from being thrust backward.